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HALIFAX metro®
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Hall may be free in months

Former Halifax man charged with murder in wife's death, but jury convicts on manslaughter Attorney says he will appeal Hall in jail on $2-million bond

DANVILLE ADVOCATE-MESSENGER



Dr. Steven Hall appears in court.

A former Halifax resident could be released from a Kentucky prison in the coming months, despite being found guilty late Tuesday of second-degree manslaughter in the 2009 death of his Cape Breton-born wife.

According to the Danville Advocate-Messenger, a jury recommended yesterday Dr. Steven Hall, a Dalhousie University medical school graduate, serve five years in prison, the lowest possible sentence for this specific conviction.

The 47-year-old will be formally sentenced on Oct. 5. The Advocate-Messenger reports Hall will be eligible for his first parole hearing soon after his sentencing date because of time already served since his arrest. Hall has been in jail for 15 months, and his attorney Steve Romines, is quoted in the Advocate-Messenger as saying he is a "strong candidate" for parole, for what the paper describes as the state's overcrowded prison system.

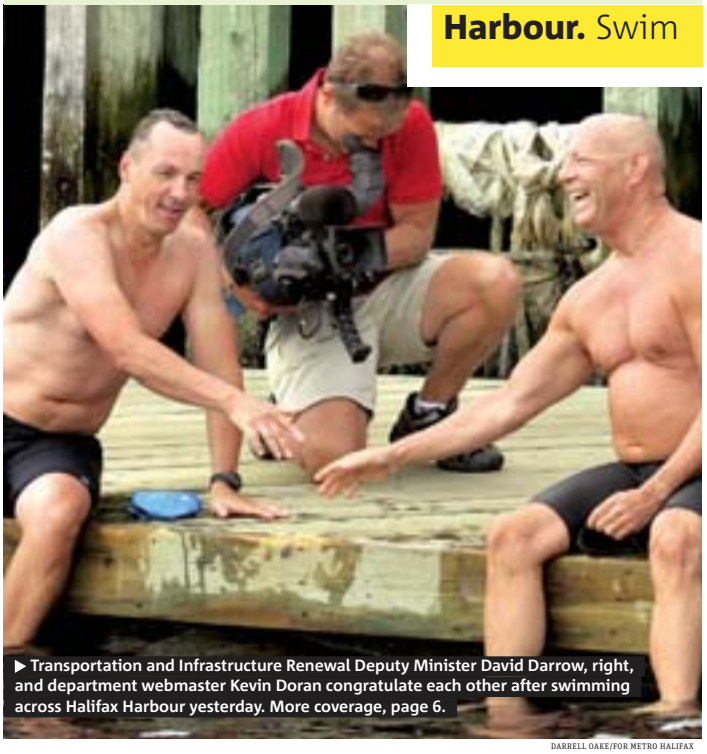
Hall was convicted in a May 2009 incident during which a pontoon boat he was operating on Herrington Lake ran over his wife, who was in the water. Hall, who used to be a doctor in Cape Breton, said the incident that happened on their wedding anniversary was an accident

Possible convictions

Jurors had the option of acquitting Hall or convicting him of murder, second-degree manslaughter or reckless homicide.

PHILIP CROUCHER
WITH FILES FROM THE CANADIAN PRESS

Harbour. Swim



Transportation and Infrastructure Renewal Deputy Minister David Darrow, right, and department webmaster Kevin Doran congratulate each other after swimming across Halifax Harbour yesterday. More coverage, page 6.

DARRELL OAKE/FOR METRO HALIFAX

Harbouring hope for United Way

Transportation and Infrastructure Renewal Deputy Minister David Darrow and department webmaster Kevin Doran braved the Halifax Harbour yesterday to raise money for the United Way. The noontime swim took about 45 minutes to complete and raised roughly $3,000.

Turning lens on teen paparazzo

Adrien Grenier follows 13-year-old photographer in doc {page 11}

Looking fresh throughout fall

How to beat season's effects on skin and hair {page 19}

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Kindly empty your pockets please

Dartmouth joins Halifax and Kentville as the only provincial courthouses with permanent metal detectors in use ◐ Nova Scotia Crown attorney applauds move



ALEX. BOUTILIER
@METRONEWS.CA

Dartmouth provincial court will now require every visitor to clear a metal detector before entering.

Two full-time sheriffs have been hired to man the metal detector, according to Justice Minister Ross Landry. The metal detector will cost nothing, said Landry since all Nova Scotia courthouses already have them in some form.

"It was already paid for and bought," said Landry. "We had it here, it was a matter of installing it."

Opposition critics were quick to jump on that fact, accusing the government of dragging its feet on the matter.

"That's what's a bit puzzling here," said Liberal justice critic Michel Samson. "Especially for a government that said they were going to cut back the hours of deputy sheriffs in the province. Why not put them to work making sure that the security of the staff and courthouse users is safe?"

Outgoing Tory MLA Murray Scott also criticized the government's decision to scale back part-time sheriffs' hours, saying he is unsatisfied with yesterday's announcement.

According to Justice Department spokeswoman Jennifer Gavin, other courthouses in the province employ detectors on a random basis. A risk assessment is also made each day to determine if the detectors are warranted.

PHILIP CROUCHER/METRO HALIFAX



▶ Provincial Justice Minister Ross Landry speaks to the media yesterday at Dartmouth provincial court.

Safe enough?



▶ Rick Woodburn, president of the Nova Scotia Crown Attorneys Association, applauded the government's decision to install a permanent metal detector in the Dartmouth courthouse. But he said more needs to be done to protect lawyers and court staff. "There has to be enough sheriffs in order to make sure this courthouse is safe," Woodburn, left, said. "Having the metal detectors is not enough."

Firefighter at centre of lawsuit let go by HRM

A Halifax firefighter who is alleged in a lawsuit to have criticized the chief and deputy chief on a weekly newspaper's website says he has been fired.

Blair Cromwell says he was dismissed from the fire department after a meeting Tuesday with union representatives and HRM employees. The 50-year-old Cromwell says he was told during the meeting he was let go due to insubordination and an unwillingness to apologize for his actions.

Not proven

▶ The allegations contained in the statement of claim have not been proven in court.

Cromwell was sued for defamation in June by fire Chief Bill Mosher and Deputy Chief Stephen Thurber for comments he allegedly made on the website of the Coast about allegations of racism in the fire department.

The case gained a high profile because Mosher and Thurber went to court to compel the weekly newspaper and Internet service providers to identify the person behind the anonymous comments.

THE CANADIAN PRESS

News in brief

Man killed, boy injured

ACCIDENT. A 39-year-old male was killed after a fatal crash in Fall River yesterday.

The man was travelling down Windgate Drive on a motorcycle when his biked tipped, sending him sliding into the oncoming lane where he collided with a car. He succumbed to his injuries en route to hospital. A 10-year-old passenger on the bike was taken to hospital with serious but not-life-threatening injuries. The 23-year-old driver of the car was not injured.

METRO HALIFAX

Antigonish man to stand trial

COURTS. An Antigonish County man charged with attempted murder and arson has been committed to stand trial.

James Bernard DeCoste of Monastery had his two-day preliminary inquiry in Antigonish provincial court this week.

THE CANADIAN PRESS

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

SpinDoctor on what the popularity of an unusual Toronto mayoral candidate says about voters across Canada. More at metronews.ca/blogs

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SCANLIFE
A single letter on your airplane ticket has a lot to say about you.

N.S. civil servants approve contract

Agreement is retroactive to April 1 and runs until March 31



ALEX BOUTILIER
@METRONEWS.CA

Nova Scotia's civil servants accepting a new two-year deal was a victory for both the union and the government, according to Nova Scotia General Employees Union head Joan Jessome.

While many union members were not pleased with only a one per cent raise in each of the next two years, Jessome said, other factors such as enhanced job security and lateral transfers won the majority over.

"If they weren't there, there's no way this contract would have been accepted with one per cent," she said. "I think that's what sold the contract. The job security and the lateral transfers."

Only around 40 per cent of 7,700 union members voted to ratify the deal, but Jessome said that's not unusual.

"For the civil service, less than that (voted to accept) the contract last round," she said.

"That's pretty traditional. That's not alarming."

Jessome said, however, that the government may have a harder time during the next round of negotiations if it doesn't offer more than a one per cent raise.

She said the union wasn't "happy about it this time, (and) they won't be nearly as happy if it happens again."

Areas of work

Civil service employees work in such areas as natural resources, transportation, social services, and food services.

Harbour. Training ship



▶ The Italian amphibious ship San Giusto arrives in Halifax yesterday morning.

ALEX BOUTILIER/METRO HALIFAX

Italian sailors arrive in city

The San Giusto will be docked in Halifax for four days, as part of a training mission for second-year students at the Italian naval academy. The ship has made stops in Bermuda and the United States along the way, and will make one more stop in the Azores on her way back to Italy. When they arrive, the students will graduate to ensigns.

Some NSLC stores set to ID every customer

Young people, old-timers and everyone in between will be carded in selected liquor stores in the province next month.

Between Sept. 5 and 11, Nova Scotia Liquor Corp. outlets in New Minas, Wolfville and Antigonish will ask for ID from every customer — whether they look like a post-secondary pupil or a pensioner.

The three communities were chosen for the pilot awareness campaign — which coincides with frosh week — based on their high concentration of university students.

"Based on the amount of drinking that goes on during that time, we're always interested ... to try something new and try to keep beverage alcohol out of the wrong hands," Jennifer Gray, a spokeswoman for NSLC, said yesterday.

Gray said the campaign isn't meant to irritate customers who might raise an eyebrow when asked for proof of age.

"The campaign is designed to be fun, really," she said. "Everybody gets to feel young again because we're going to ID everyone."

Customers who wouldn't normally be carded won't be turned away at the checkout counter if they don't have ID handy.

"We're certainly going to ask everyone, but we won't refuse service to somebody who's clearly over the legal age," said Gray. THE CANADIAN PRESS

RYAN TAPLIN/METRO HALIFAX



▶ Everyone age 19 and over will be ID'd over one week next month at three liquor stores across the province.

Current policy

NSLC employees are required to ID customers who look 25 years old or under. The corporation also runs so-called Blitz Weeks during certain times of the year when efforts are stepped up to ID more customers.

Heritage Gas files for a rate hike

Heritage Gas filed an application for a rate increase yesterday. If approved by the Nova Scotia Utility and Review Board, a rate increase of seven per cent for delivery charges would take effect Jan. 1.

In early June, the board requested Heritage Gas file for a rate relief because revenue growth from new customers was not sufficient to cover increased operating costs, a release issued by Heritage Gas said late yesterday.

A hearing date is expected for this fall.

METRO HALIFAX

RCMP investigate theft of auto parts

Halifax RCMP are investigating two separate incidents involving the theft of tires and rims in Westphal and Cole Harbour.

Between early July and late August, there have been two reported cases of tires and rims being stolen while the vehicles were in the owner's driveway.

In both cases, police say the tires and rims were completely removed and in total, four sets have been stolen valued at about $33,000. Police said high-end after-market parts are being targeted.

THE CANADIAN PRESS

Body found, but foul play ruled out

Halifax Regional Police have ruled out foul play in the death of a man found in a Gaston Street apartment yesterday morning.

The body was found in Dartmouth just after 6 a.m. yesterday. Police were originally treating the death as suspicious, and had a man in custody for questioning, but he was later released.

According to police, in all cases where a cause of death is not known, the matter is treated as suspicious.

A cause of death isn't known in this case.

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Bridge being built to isolated Meat Cove

Crews have started building a temporary bridge to a small Cape Breton community cut off by heavy rains that washed out bridges and other land links.

Cathy MacIsaac, a Nova Scotia government spokeswoman, says all of the pieces for the structure are at the site in Meat Cove and assembly is underway.

She says lights have been brought in to the area on the Salmon River so work can continue at night. THE CANADIAN PRESS

Deadline

- Cathy MacIsaac with the province says it expects to have the bridge finished by Monday, along with several other crossing points that had been damaged in the rains late Saturday.

Land offers protection to plants

The Nova Scotia Nature Trust says a parcel of newly acquired land is the most ecologically significant property to be protected in the group's 16-year history.

The 186-hectare property takes in over five kilometres of shoreline on four different lakes near Springhaven in Yarmouth County.

The Nature Trust says the area provides critical habitat for two plants at the top of Canada's endangered species list — the pink coreopsis and the Plymouth gentian.
THE CANADIAN PRESS

Statue honours ex-chief

The former grand chief of the Mi'kmaq Nation was honoured yesterday with the dedication of a monument on Nova Scotia's Membertou reserve.

Donald Marshall Sr. was grand chief for 27 years until his death in 1991.

A lifelike, hand-carved marble sculpture by Minnesota artist Doug Bieniek was dedicated in front of the Membertou Trade and Convention Centre.
THE CANADIAN PRESS

- Two provincial government workers swim across the Halifax Harbour for a good cause
- Both men say they wouldn't hesitate to take another dip

DARRELL OAKE/FOR METRO HALIFAX



▶ Transportation and Infrastructure Renewal Deputy Minister David Darrow, right, and department webmaster Kevin Doran swim across Halifax Harbour yesterday.

Making a big splash for charity



ALY THOMSON
HALIFAX@METRONEWS.CA

Two provincial employees ignored a few "floatables" and swam across the Halifax Harbour yesterday to raise money for the United Way of Canada.

David Darrow, deputy minister of Transportation and Infrastructure Renewal, challenged his department to raise $2,500 to see himself and Kevin Doran, the department's webmaster, take a plunge into the harbour.

"I just woke up one day and thought it would be a good idea," Darrow said, still dripping water from his face.

That was two years ago. But after this year's harbour cleanup the timing felt right.

The pair started at the Woodside Ferry Terminal in Dartmouth and ended at Bishops Landing in Halifax, about a three-kilometre distance.

"I just said to David when we finished, 'Do you want to do this every Wednesday?'"
KEVIN DORAN, WEBMASTER FOR THE DEPARTMENT OF TRANSPORTATION AND INFRASTRUCTURE RENEWAL

About 150 people cheered and clapped as the two men reached their hands out to the dock to finish the crossing.

Aside from one floatable Darrow encountered after about 100 metres, they both agreed the harbour was clean, clear and even warm.

"The water is great, the wind is fine and the swim was great," said Doran after getting rid of his bathing cap.

Both men agreed they would brave the harbour waters again in a heartbeat.

"I would definitely do it again, but we'll aim for next year," said Darrow, who only stopped once during the crossing to switch up his leaky goggles.

The department is a frequent supporter of the United Way, which raises money for local groups that address community issues.

Previous swim



- Earlier this month, local marathon swimmer Kristin Roe braved the Halifax Harbour waters and completed a crossing to raise awareness and money for the Stephen Lewis Foundation and the Nova Scotia Gambia Association.
- Roe went for her harbour dip only two weeks after returning from swimming the English Channel, a 35-kilometre swim she completed for the same charities. She completed her crossing in about 30 minutes.

Prospect of their own dip has observers divided

Haligonians watching David Darrow and Kevin Doran swim across the harbour yesterday had mixed feeling about whether they'd get their feet wet in the body of water.

"I think I'd give it a try for a good cause. It'd have to be for a good cause."
NANCY RONDEAUX, HALIFAX

"I think I would, but I would have to practice, and I'd probably have a wet suit."
MARC GAUDET, HALIFAX

"No. I would not unless somebody was drowning, but besides that no."
JAYNE MACDONALD, HALIFAX

"Maybe I would for the right cause. But I'd have to have lots of preparation."
GAIL KEEPING, HALIFAX

ALY THOMSON

EDUCATION

Teacher assigns terrorist attack

A high school teacher who assigned her class to plan a terrorist attack that would kill as many innocent Australians as possible had no intent to promote terrorism, education officials said yesterday.

The Year 10 students at Kalgoorlie-Boulder Community High School in the state of Western Australia were given the assignment last week in a class on contemporary conflict and terrorism.

The students were asked to pretend they were terrorists making a political statement by releasing a chemical or biological agent on "an unsuspecting Australian community," according to a copy of the assignment received by the newspaper.

THE ASSOCIATED PRESS

Mounties arrest two terror suspects in Ottawa

ADRIAN WYLD/THE CANADIAN PRESS



▶ Police leave a house yesterday following a raid in the west end of Ottawa. Following the raid, the RCMP arrested two Ottawa residents in relation to terrorist offences.

CSIS director alluded last month to possibility of domestic terrorism

The spectre of homegrown radicals hovered over the suburbs of Canada's capital city yesterday as police took two people into custody on terrorism-related allegations amid predictions more arrests were imminent.

By yesterday evening, no charges had been announced and police were refusing to divulge further details in advance of a news conference today.

"More arrests are anticipated," said a terse RCMP release.

The Mounties provided no details on the identity of the suspects, nor did they specify what the allegations are, other than to call them "in relation to terrorist offences."

Ottawa lawyer Samir Adam said he was contacted by a man arrested yesterday, but had not yet been retained as counsel and therefore could not discuss details.

Adam got the impression from police "it's a larger operation" involving a number of people. "How many? I don't know."

"We hope that the accused will be tried with due process, the presumption of innocence, and with full guarantees that their constitutional rights will be protected."

SALMA SIDDIQUI, VICE-PRESIDENT, MUSLIM CANADIAN CONGRESS

THE CANADIAN PRESS

Insurgents strike Iraqi soldiers

Bombers and gunmen killed 55 Iraqis in two dozen attacks spanning the country yesterday, mostly targeting security forces in seemingly co-ordinated strikes the day after the number of U.S. troops fell below 50,000 for the first time since the start of the war.

THE ASSOCIATED PRESS

Two ocean storms gain strength

Hurricane Frank has formed in the Pacific off Mexico's coast while a new tropical depression formed in the Atlantic. Frank had maximum sustained winds yesterday near 120 km/h. In the Atlantic, the new tropical depression has maximum sustained winds near 55 km/h.

THE ASSOCIATED PRESS

Lebanon. Funeral



▶ A relative of Ahmad Jamal Omeirat, a member of the Sunni conservative Al-Ahbash group who died in clashes Tuesday night, reacts yesterday during his funeral in Beirut.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Beirut recovers from street clashes

Lebanese soldiers and tanks deployed in central Beirut to help restore calm to the capital after members of the Shiite Hezbollah group and of Al-Ahbash, a small Sunni faction, fought deadly street battles that left four people dead in the worst clash in Beirut since 2008.

Man accused of online stalking

A man was accused of stalking an ex-girlfriend and of trying to persuade her to come back to him by using a Facebook account he created in the name of another ex-girlfriend he raped last year.

Travis Allen Davis created a Facebook profile in the name of an ex-girlfriend, who he had raped in Ohio, and he used the account to contact the Pennsylvania woman, authorities said.

Police contend Davis — pretending to be the Ohio woman — threatened to send sexually explicit images of him having sex with the Pennsylvania woman to her current boyfriend if she did not move back to Indiana "and pretend she wanted to be with Davis," Delmont police said in a criminal complaint.

Davis pleaded guilty to rape in Ohio earlier this month and is scheduled to be sentenced for that crime on Oct. 5.

THE ASSOCIATED PRESS

Teens get jail time for hate crime

Three New York teenagers who admitted targeting Hispanics for violence were sentenced yesterday to seven-year prison terms for their roles in the 2008 killing of an Ecuadorean immigrant.

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The new Skype?

Google is rolling out a new feature in Gmail that allows users to make free — or cheap — long-distance phone calls.

- **Call my cell.** Voice in Gmail lets users with a microphone or headset ring a landline or cellphone.
- **Hello?** Although the feature will be officially available only in the U.S. for now, a Google Canada spokeswoman says it may work for Canadians if their settings are set to English-US.
- **Is it working?** Not all users will have access to the feature until it's fully rolled out.
- **Free.** Google says calls to any phone in North America will be free until at least the end the year. There are fees for international calls.

There's an app for that

Just when you thought there was an app for everything, Google announces the App Inventor for Android Allows anyone to make a smartphone app

Apple's artful marketing has helped convince many that there's already "an app for that" in the crowded virtual aisles of its App Store, which stocks about 250,000 apps and has processed more than five billion downloads.

But Google doesn't think that's necessarily the case, and is rolling out a way for the average person to make their own smartphone apps, a task that previously required a programming background.

App Inventor for Android is currently undergoing a limited beta test before going public, and has had a welcoming response, the project's head said.

THE CANADIAN PRESS



Is owning a home a pipe dream in Canada?

25%
Home sales have fallen by 25 per cent since reaching a peak at the beginning of the year as fewer buyers compete and more houses come onto the market.

Canadian home prices are still on the rise even as sales fall as demand peters out, one factor that is making homes less and less affordable, according to a study by the Conference Board of Canada.

"Most of the costs associated with home ownership, such as mortgage costs and insurance, are outstripping inflation and income growth," said Conference Board associate director Michael Burt, who studies industrial economic trends.

"As a result, housing affordability in Canada, which has been deteriorating over the past decade, will continue to decline during the next two years."

Canadian home prices were up 13.6 per cent in June from a year ago, according to the Teranet-National Bank composite house price index, released yesterday.

Figures from the real estate brokerage industry show July sales fell 30 per cent and prices were essentially flat. THE CANADIAN PRESS

Oil-eating bacteria found in the Gulf

The Gulf of Mexico oil spill has revealed a previously unknown type of oil-eating bacteria, which is suddenly flourishing.

Scientists discovered the new microbe while studying the underwater dispersion of millions of litres of oil spilled into the Gulf following the explosion of BP's Deepwater Horizon drilling rig.

And the microbe works without significantly depleting oxygen in the water, researchers led by Terry Hazen at Lawrence Berkeley National Laboratory reported Tuesday in the online journal Science Express.

Hazen suggested that the bacteria may have adapted over time due to periodic leaks and natural seeps of oil in the Gulf.

They found that the dominant microbe in the oil plume is a new species, closely related to members of Oceanospirillales.

THE ASSOCIATED PRESS

Toronto. Opening



▶ Adriana Lima

NATHAN DENETTE/THE CANADIAN PRESS

Victoria's new secret is out in Toronto store

Victoria Secret models Erin Heatherton, Adriana Lima and Chanel Iman attended the grand opening of the first Victoria Secret store in Toronto yesterday.

WHAT WOULD DR. SEUSS PRESCRIBE?

He says ...

JOHN MAZEROLLE



They say you shouldn't talk about religion and politics in polite company, but I think the idiom needs an update. The politics part is fine.

But among friends my age, speaking ill of the church is redundant, like bad-mouthing athlete's foot. Everybody is doing it. You're more likely to offend people by saying you didn't like the latest episode of Mad Men.

So I'd like to make a new addition to the don't-talk list. Remove: Religion. Add: Alternative medicine.

Different names, same nonsense.

Replace "Christianity is 2,000 years old" with "India and China are ancient cultures."

Replace "If you listen for Jesus, He'll speak," to "You have to believe it or it won't work."

Please note that me banging my head off the table in frustration shall remain the same.

First of all, there is no "alternative" medicine. There's medicine. Stuff works or it doesn't.

This is not a battle of West vs. East. Homeopathy started in Germany, for instance, and it's bunk.

Homeopathy is a good discussion point because there's no grey. It doesn't work, full stop.

It says water can "remember" what was dissolved in it if you just shake it up good. And that the more diluted something gets, the more powerful it is.

"If homeopathy was true, I'd drop a shot of vodka into my parent's pool, thrash around a little, and invite some friends over for the party of our lives."

If homeopathy was true, I'd drop a shot of vodka into my parent's pool, thrash around a little, and invite some friends over for the party of our lives.

But I've discovered it's not polite to say such things. It gets people upset.

Look, I don't care whether you agree with me. But people should be able to discuss it without getting personally offended or staring at their shoes like they're trying to untie them telepathically. How else does one get closer to the truth? Whatever that is.

My mother is a lay minister in the Catholic Church so I have a lot of experience with being friendly and loving when personal cultures clash.

She called me a few months ago and said, "We have something in common."

"You're unemployed," I said.

"Yes," she said. "Did somebody tell you?"

"No," I said. "I just couldn't think of anything else we have in common."

We laughed together at that — a long, hearty, satisfying laugh.

It was like medicine.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Not your typical tea party

Worth Mentioning

A dream's legacy

GETTY IMAGES FILE



A conservative rally this Saturday at the Lincoln Memorial on the 47th anniversary of Martin Luther King's famous I Have A Dream speech has renewed yet another tense national debate in the United States about race relations and the Tea Party movement.

Fox News personality Glenn Beck said his event, called "Restoring Honour," is meant to "recognize our First Amendment rights and honour the service members who fight to protect those freedoms."

He has vowed the rally will be "one for the history books" and will represent a "turning point in America."

Beck has long infuriated liberals in the U.S. But his comments about the civil rights movement in advance of this weekend's rally have fanned the flames of outrage even further.

Beck, considered by many the spiritual leader of the Tea Party movement, said the rally will "reclaim the civil rights movement," which he described as having been "distorted" and "turned upside down."

Brittney Cooper, a professor of gender and race relations at the University of Alabama, called Beck's remarks a slap in the face not just to African-Americans, but to King's legacy.

THE CANADIAN PRESS

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Metro Minute with Fringe Festival

The 20th edition of the Atlantic Fringe Festival is fast approaching and there's a way for you to take part — without going on stage to perform.

The festival is in need of volunteers for the popular event that promotes itself as accessible and affordable theatre that is a free market for artists to showcase their talents.

The event runs from Sept. 2-12 with volunteer meetings scheduled for Sunday, Tuesday and Wednesday in the Khyber Building at 1588 Barrington St. The meetings begin at 7:30 p.m.

Those interested in volunteering can email fun@atlanticfringe.ca or call 428-4156.

METRO HALIFAX

CONTRIBUTED



▶ Volunteers are needed for the Atlantic Fringe Festival.

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Bayers Lake Power Centre
Halifax Shopping Centre
Park Lane Mall
6100 Young St.
1668 Barrington St.
740 Bedford Hwy. W
New Glasgow
263 Jury St.
New Minas
County Fair Mall
Port Hawkesbury
Port Hawkesbury Shopping Centre
Sackville
799 Sackville Dr.
Sydney
Mayflower Mall
337 Welton St.
Truro
Truro Mall
Windsor
Fort Edward Mall
Yarmouth
Yarmouth Mall

NEWFOUNDLAND LABRADOR

Carbonear
Trinity Conception Square
Clarenville
Random Square Mall
Corner Brook
Corner Brook Plaza
Valley Mall
Gander
Gander Mall
Grand Falls-Windsor
Exploits Valley Mall
Marystown
Peninsula Mall
St. John's/Mount Pearl
Avalon Mall
The Village Shopping Centre
336 Freshwater Rd.
55 Kelsey Dr.
35 Stavanger Dr.

NEW BRUNSWICK

Bathurst
Place Bathurst Mall
Campbellton
Sugarloaf Mall
Edmundston
Place L'Assomption
Fredericton
Regent Mall
1211 Prospect St.
Grand Falls
Grand Falls Shopping Centre
Miramichi
Bridgeview Plaza
Moncton
Wheeler Park Power Centre
Champlain Place
Lounsbury Plaza
Saint John
McAllister Place
Shippagan
242 Boul. J.D. Gauthier
Tracadie-Sheila
3379 rue Principale

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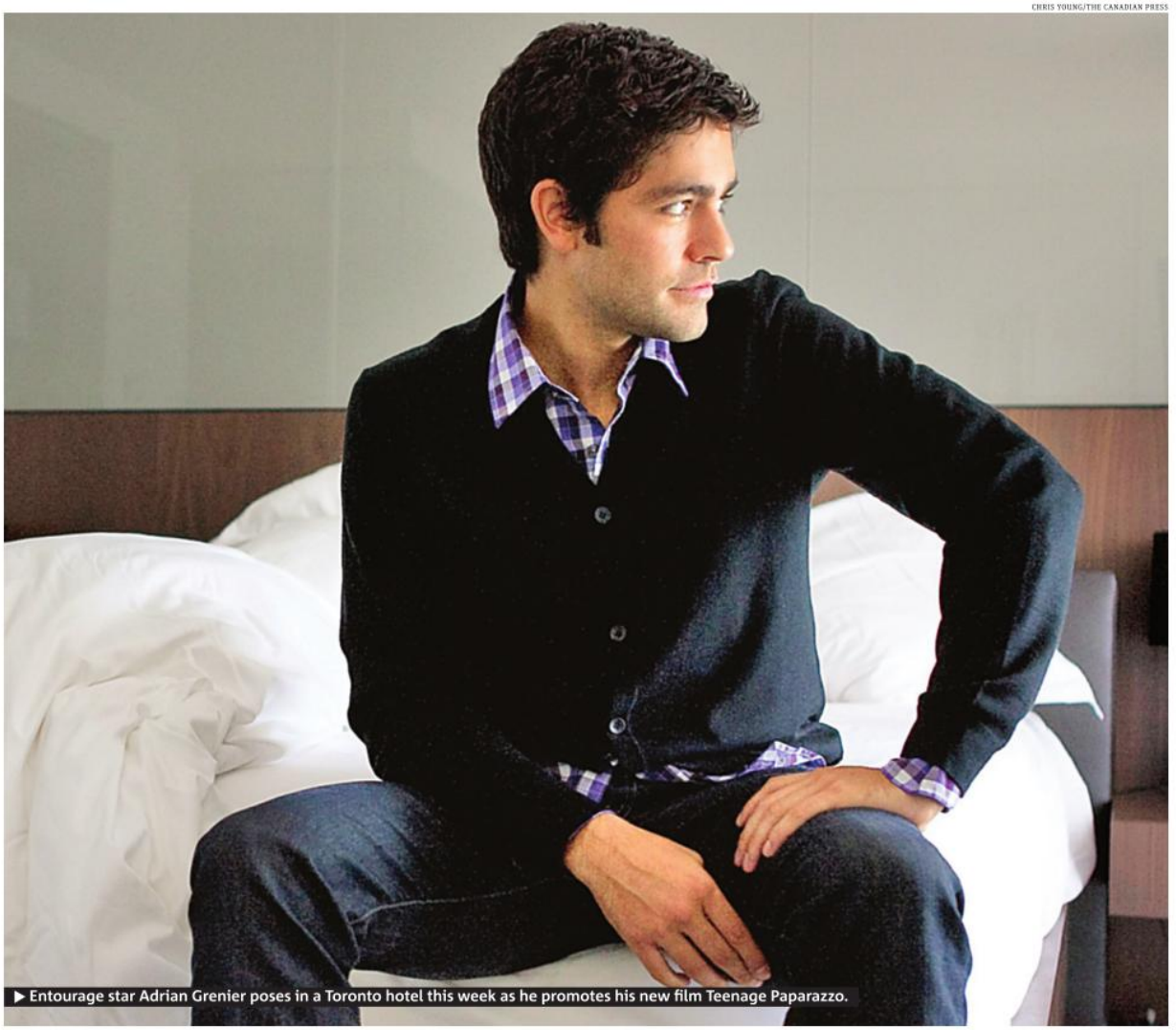
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CHRIS YOUNG/THE CANADIAN PRESS



▶ Entourage star Adrian Grenier poses in a Toronto hotel this week as he promotes his new film Teenage Paparazzo.

The life and times of celebrity teens

Entourage star Adrian Grenier goes behind the camera to film Teenage Paparazzo ◐ Documentary probes the cogs that turn the fame machine

STEVE GOW
SCENE@METRONEWS.CA

As actor and director Adrian Grenier states in his new documentary, he's a celebrity … or at least he plays one on TV.

In fact, portraying Hollywood star Vincent Chase on HBO's Entourage has given Grenier valuable insight into the subculture of the paparazzi. But when he met a tenacious 13-year old celebrity pap named Austin Visschedyk, the bizarre encounter inspired the actor to investigate the cogs turning the fame machine in Teenage Paparazzo.

Metro caught up with Grenier to discuss the documentary (opening Friday in select theatres and airing on HBO Canada on Sept. 27), his pubescent subject and how starring on Entourage has changed his life.

Teenage Paparazzo is a really interesting movie. It ends up places that, at the outset, you don't expect it to go. Did you have any idea when you started out how involved this was going to get?

Well, that's life. That's one thing about documentaries that I absolutely adore — that they really do capture the twists and turns of life if you let it. All you have to do really is point your camera at the world, ask a question and suddenly you're taken on this journey.

At what point in getting to know Austin did you realize that you had something?

I knew it would at least be interesting based on the fact that this kid was so compelling as a character. But it wasn't until I started to explore the philosophy and the ideas of celebrity that it really became interesting to me because it wasn't just a narrative … it was also a deconstruction of this culture that has coveted celebrity and embraced this young boy's decision to become a paparazzo.

This film seems to be spun off your role on Entourage. What has playing Vince Chase done for you as an actor?

It's been a really enjoyable experience. Before Entourage I was very serious and pretentious and I only wanted to do dark indie films filmed in New York in the winter. So thanks to Entourage I found a little bit of humor in my life and I've been able to have a little more fun. Vince taught me to laugh.



Teen Stars

Some of the celebrities that appear in Teenage Paparazzo:

- Paris Hilton
- Lindsay Lohan
- Matt Damon
- Lewis Black
- Alec Baldwin
- Rosie O'Donnell
- Whoopi Goldberg
- Eva Longoria
- Michelle Rodriguez

2 scene

News in brief



A federal judge has ordered a Connecticut talent agent to pay nearly $1.2 million US to a concert promoter for failing to produce Justin Timberlake for a concert in the Philippines.

In a lawsuit in Connecticut, Arnold Vegafria, president of ALV Events International, contends he paid Kofi Degraft Johnson to showcase Timberlake at a concert in 2008. But the singer never appeared.

THE ASSOCIATED PRESS

SCANLIFE

Guess who Susan Boyle will be singing for now?

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▶ The Disappearance of Alice Creed is one of several strong releases this month.

Late summer surge at the box office

With plenty of quality films to choose from, August is no longer a dumping ground ◐ Bridges gap between blockbuster and Oscar seasons

August traditionally has been considered a dumping ground for movies, a time when schlocky little genre pictures would sneak into theatres for a couple of weeks before vacations wrapped up, kids went back to school and reality once again took hold.

But that's all changing. This past month, for instance, you had a well-received comedy hit in The Other Guys, small, tense thrillers like The Disappearance of Alice Creed and Animal Kingdom, and an intelligent documentary in The Tillman Story. Even the horror movies Piranha 3D and The Last Exorcism are stronger than the usual late-season fare.

Last August brought us Quentin Tarantino's Nazi-killing epic Inglourious Basterds, which was nominated for eight Academy Awards (it won for supporting-actor Christoph Waltz), and District 9, about an alien invasion in South Africa, which received four nominations. Both were up for best picture. Previous Augusts have featured Tropic Thunder (2008), Superbad (2007) and Talladega Nights: The Ballad of Ricky Bobby (2006), all hits at the box office and with critics.

"August has become a transitional month, the month that bridges the gap between the summer blockbusters and the fall Oscar season, and often the kind of films you find are kind of a hybrid. They don't fit into any exact category." PAUL DERGARABEDIAN

"Times have changed. People go to movies 365 days out of the year," said Eli Roth, who produced The Last Exorcism and has a cameo in Piranha 3D.

One reason is sheer quantity: There are so many movies flooding theatres every year, there's never going to be a period that's completely wretched. Roth recalled that when his first feature, Cabin Fever, came out in September 2003, he was told the low-budget horror film would have a month to prove it could perform. "Now it's like, you have a week, and if you don't work that first week, it's over," he said. "There's always another movie on the chopping block."

But mid-to-late August can be a more welcoming time to open a movie — especially in the horror or sci-fi genres — because there's a different kind of competition. "You still have a weekend seven days a week, the college kids are still out, kids want that last gasp of summer before they go back to school," said Roth.

"Horror movies, by August, you kind of miss them. The last one was in April. You can feel it when Halloween opens with $30 million — the remake — or Final Destination 3D opens to huge box office. ... We thought it was the perfect time (to release The Last Exorcism)."

But August is still sort of a dumping ground "in the sense of the quantity of the movies, but not necessarily the quality of the movies like it used to be," said Paul Dergarabedian, box-office analyst for Hollywood.com. Last weekend, for example, 13 new movies came out, with the ensemble action flick The Expendables holding the No. 1 spot for the second-straight week. Piranha 3D debuted in sixth place, only making $10.1 million. But it got an overwhelmingly strong critical reception, earning 81 per cent positive reviews on the Rotten Tomatoes website.

THE ASSOCIATED PRESS

flavour of the month

▶ **August — and summer** in general — are also good for art-house films which serve as counter-programming to the blockbusters. The Tillman Story, about the friendly-fire killing in Afghanistan of former NFL star Pat Tillman, opened in four theatres in New York and Los Angeles to a strong per-screen average of $13,046, and will expand to more cities in upcoming weeks.



▶ Drew Barrymore, in Going the Distance, works with an impressive supporting cast, including Christina Applegate, Jason Sudeikis and Charlie Day.

Drew goes the distance in latest romantic comedy

New flick pairs her with ex-boyfriend Justin Long
Character is departure from previous 'cuckoo' roles

Drew Barrymore has had some duds for onscreen partners in romantic comedies — not that she's about to name names.

"The worst is when you're kissing someone who is not a good kisser, and you're trying to make it look good, and you feel like you're just working on your own," she says.

Luckily her latest film, Going the Distance, pairs her with someone very near to her heart: Ex-boyfriend Justin Long. "It was just lucky for me because he's a good kisser, so it was like, 'Thank God,'" Barrymore says of Long. "At least it was a real team effort, you know?"

The film finds Barrymore and Long playing young lovers forced into a long-distance relationship when she returns to San Francisco to finish school. For Barrymore, starring in a film with a more modern female lead instead of just more of the same was a huge pleasure.

"I just wasn't in that sort of place in my life where I wanted to play a cuckoo, wacky role-reversal sort of scenario," she says. "I wanted to play someone who can hang out with guys and loves women, but has spine and is funny. I feel like I relate to that kind of person in my life right now."

Another appealing aspect of Going the Distance was the impressive supporting cast, including comedic talents like Christina Applegate, Saturday Night Live star Jason Sudeikis and Charlie Day from It's Always Sunny in Philadelphia.

"I find that films, for me watching them, work best when you're really invested in the whole group of people," Barrymore says. "At least one of the reasons I like it best is because of everybody in it."

Of course, with a cast like that, there's always going to be some ad-libbing, and Barrymore did her best to keep up. "It was a pleasure for me to get to improv and just work in a much more free-flowing way where you could play around and you didn't have to be censored — because you had an R rating — and that to me was just an absolute pleasure," she says.

One particularly pleasurable scene, she remembers, included her character blowing off some steam at a bar with friends. "If you were really angry, how would you just let loose? And it was just the most fun day at work ever. Because I really just let loose," she says.

NED EHRBAR

Comic foil

Christina Applegate plays Drew's skeptical, put-upon older sister.

▶ **Long-time friends** The two were in dance class together as kids and have been friends for decades.



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*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

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Album reviews A classic ●●●●● | Buy it ●●●● |
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Perry almost lives up to packaging

Katy Perry
Album: Teenage Dream
Label: Capitol/EMI
●●½

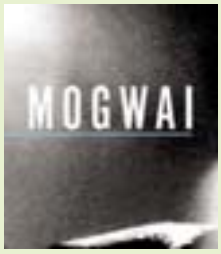


One of the advantages of the iTune age is that 14-year-old boys can download the new Katy Perry album in the privacy of their own bedrooms. They need never suffer the embarrassment of asking for an over-the-counter copy. Unfortunately, the web version is not near as much fun as handling the real thing (we mean, of course, the CD), which features an alluring shot of Ms. Perry wearing nothing but a whisp of candy floss.

The more adventurous will even sniff the cover which is scented with a bubble gummy eau d'floss (no kidding). Welcome to the age of porno-pop. Katy is every teenage boy's dream. And she milks the tease for all it's worth.

The double entendres of California Gurls have supplied radio with comfort candy for weeks. Katy continues the onslaught on Last Friday Night by getting trashed, going skinny dipping and jumping into a threesome. And the peak-show chant in Peacock has nothing to do with brightly plumed birds. Better still is Circle the Drain where Katy chastises a drug-addled rock star for falling asleep during foreplay. With the writing/production team of Max Martin and Dr. Luke at the helm, the music is almost as good as the packaging. **Outstanding track:** Circle the Drain

GRAHAM ROCKINGHAM



Mogwai
Album: Special Moves
Label: Rock Action/Fontana North
●●●●

Mogwai's quiet-to-loud crescendos have always been a crowd pleaser, despite the inevitable tinnitus that comes from their performances. Released with the concert doc Burning, the audio portion is a treat for fans to enjoy at their preferred volume. Recorded over three shows last year in Brooklyn, Special Moves perfectly encapsulates Mogwai's 14-year history and gives a sense of their supremacy as a live band. **Outstanding track:** Mogwai Fear Satan

CAM LINDSAY



Klaxons
Album: Surfing the Void
Label: Universal
●●●½

It's taken the Klaxons three long and trying years to follow up Myths of the Future, the U.K. band's successful debut. They band actually wrote an earlier disc, but scrapped it. For this version they teamed up with Ross Robinson, Korn and Limp Bizkit's producer. That might seem strange, but it worked. The new disc is a loud, aggressive collection of thick rock, pop hooks and complex psychedelia. **Outstanding track:** The Same Space

BRYAN BORZYKOWSKI



Fantasia
Album: Back to Me
Label: Sony Music
●●●

Good pop music should always have a sing-along quality. Yet it's hard to imagine teenage girls skipping along the street sweetly singing along to I'm Doin' Me, the opening track on Fantasia's latest CD. Okay, we get the girl empowerment stuff, but the phrasing is a tad too uncomfortable to enjoy. The former American Idol champ fares better when exploring a more retro soul sound on tracks like Bittersweet and I'm Here (from the Color Purple). **Outstanding track:** I'm Here

GRAHAM ROCKINGHAM



Usher
Album: Versus
Label: Sony Music
●●½

It's been a while since Usher was the hottest R&B heartthrob around. It's not just his popularity that has waned; his music has taken a step backwards too. Six months ago he released the lackluster Raymond v. Raymond, a record about his divorce and, of course, pursuing the ladies. This nine-song follow-up isn't much better. It's a directionless collection of electro-club numbers and soulful tunes. **Outstanding track:** Love Em' All

BRYAN BORZYKOWSKI

Celebrity tweets



Dax Shepard [@daxshepard1] My body has started giving me hints that a chicken-only-diet might not be the healthiest trail to blaze. I'm auditioning some greens.

Jeremy Piven [@jeremypiven] Not how hard you hit, it's how hard u can get hit that makes the difference in your life....



Heidi Montag [@heidimontag] swimming in the ocean! i hope dolphins swim next to me



Ashley Greene [@AshleyMGreene] Waking up Anytime before 5 AM for work just doesn't seem right. Brutal calltime this Morning. METRO

Lohan: a free woman

After just 22 days in rehab, Lindsay Lohan is a free woman, checking herself out of the UCLA Medical Center after the new judge in her case, Elden Fox, agreed that she could go home, according to People magazine.

Lohan's previous judge, Marsha Revel, had wanted the actress to serve the full 90-day rehab sentence. "She's out and she's doing really well," a source says of the actress. On Lohan's first night at home, she received a visit from ex-girlfriend Samantha Ronson.

METRO WORLD NEWS



▶ Lindsay Lohan

Barbara eyes possibility of The View spinoff

MAN-FRIENDLY Barbara Walters is reportedly planning a new men-friendly spinoff of the View, sources tell the New York Daily News. The show, with both male and female co-hosts, wouldn't launch until next year, when Oprah Winfrey's departure frees some space in the afternoon schedule. "They don't want to do anything that will compete with 'The View,'" the source says. Bryant Gumbal is reportedly at the top of Walters' list for male co-hosts.

METRO



▶ Barbara Walters

'Been through hell,' says Elin

Woods' ex-wife opens up in recent People magazine

Tiger Woods' ex-wife Elin Nordegren said she has "been through hell" since her husband's infidelity surfaced but she never hit him, according to an interview released Wednesday.

Nordegren told People magazine she and Woods tried for months to reconcile the relationship. In the end, a marriage "without trust and love" wasn't good for anyone, she said.

On Thanksgiving night outside their Florida home, Woods drove his SUV over a fire hydrant and into a tree, setting off shocking revelations that sports' biggest star had been cheating on his wife through multiple affairs. The couple officially divorced Monday.

Nordegren told People that she never hit Woods on the night of the car crash.

GETTY IMAGES



▶ Elin Nordegren

"There was never any violence inside or outside our home," she said. "The speculation that I would have used a golf club to hit him is just truly ridiculous."

Nordegren said Woods left the house that night and when he didn't return after a while, she got worried and went to look for him. She said that's when she found him in the car.

"I did everything I could to get him out of the locked car," she said. "To think anything else is absolutely wrong."

The magazine said the interview was conducted over four visits lasting a total of 19 hours at the rented Windermere, Fla., home where she now lives with their two children.

"I've been through hell," said the Swedish-born Nordegren.

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3 life



No fashion lover's coffee table is complete without Chanel, by Edmonde Charles-Roux (Vendome Press) Consider this biography by former Paris Vogue editor-in-chief Edmonde Charles-Roux a must for any fashion lover's library. METRO

For more articles on fall fashions, scan this code or visit metronews.ca/style



▶ Ken Downing said that what he is on the lookout ar are items a woman does not have already in her wardrobe, especially since women have been more selective in their purchases during the recent economic downturn.

Ken Downing keeps an eye on what might be influencing designers
Every year people look to him for his fashion predictions

Ken Downing says the forecast calls for pantsuits, capes, fur, lace and, oh yes, feathers.

If women are skeptical that they will be wearing a frothy shirt of lace beneath a tailored pantsuit or shoes trimmed with feathers this fall, they shouldn't be. Downing, luxury retailer Neiman Marcus' fashion director, has been digesting designer offerings from New York to London to Paris to Milan to come up with a list of trends sure to get people running to the mall.

"I really create the attitude and the message and the mood of the season that the company will be following"
KEN DOWNING

"I really create the attitude and the message and the mood of the season that the company will be following," Downing said.

His fashion forecast is then integrated into everything from the Dallas-based company's marketing message to what buyers look for to how mannequins are dressed. To create that trend list, Downing watches for recurring themes at fashion shows around the globe. Then he checks out whether designers are producing enough of those trendy items he has honed in on to fill store racks.

"We start to talk about do we have the critical mass to make these bold predictions?" he said.

For instance, he said, "If we believe in green, we need to have green everywhere." (This fall, by the way, green will be everywhere, he says, especially in the military-influenced olive.)

Boots of all heights are also in the fall forecast, he said. And a structured handbag is a must, not to mention pearls, "ropes and ropes" of them. Also, he says, keep an eye out for capes and vests.

THE ASSOCIATED PRESS



▶ Ken Downing

How to know

Fashion forecast Downing travels to Neiman Marcus stores across the country to talk to customers about the coming fashion forecast and get their comments.



Not an overnight success

He's living the dream but it didn't happen as quick as some think **Designer Prabal Gurung is finally tasting the fruits of his labour**

As cliches go, designer Prabal Gurung is the first to say he's living the American dream: Kid from Nepal is now dressing Michelle Obama, wife of the U.S. president, on a regular basis.

Top fashion magazines heap praise on his work, celebrities call to borrow dresses, orders are flowing and surely his runway show next month at New York Fashion Week will be one of the hot tickets.

Yeah, Gurung says, life is good.

He takes issue, however, with being called an overnight success. Gurung has been sketching since he was a young boy and left Nepal for India to work as an apprentice, and then went to Australia and London assisting stylists. He flew clear across the world — alone — to land in New York, a place he'd never been before, attended Parsons The New School for Design, interned at Donna Karan and worked for Cynthia Rowley all before getting his big break as design director at Bill Blass.

Last fall marked his first formal collection presentation for editors, retailers and stylists under his own label, and he staged his first runway show in February.

"For 10 years, I've paid my dues, but everything has just now fallen into place," he says.

Not that he's unappreciative. During a recent interview, Gurung several times talked about the generosity of an industry that too often gets a bad rap for being cutthroat. As he gains success, he pledges to share his knowledge with even younger designers — he won't give his age, only saying he's "young enough" — and to try to keep busy the struggling old-school artisans who can do with feathers, beads and bows things that a machine can't.

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"Everything has just now fallen into place"
PRABAL GURUNG

LOUIS LANZANO/THE ASSOCIATED PRESS



▶ Top fashion magazines heap praise on Prabal Gurung's designs, celebrities call to borrow dresses, orders are flowing and surely his runway show next month at New York Fashion Week will be one of the hot tickets.





Looking good but on a budget

Two trendy aviator jackets, for two different fall budgets

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

These jackets actually combine two of fall's most visible trends in one. They've got shearling, which seemed to line just about every piece of outerwear that walked the autumn/winter '10 runways and look like they could have come straight out of Howard Hughes's wardrobe.

Their popularity means you can find one at any price.

The Aviator Jacket

$252 — $3,595







▶ Real-life application: Aviator jackets tend to add bulk to an outfit. Unless you're going for that extra large look, try pairing the jacket with clean, simple silhouettes like stylist Claire Richardson does here.

Victoria's Secret Angels flock to Toronto for lingerie launch

Plans for four more stores in Canada by year end

A trio of Victoria's Secret Angels landed north of the border to help establish the famed lingerie retailer in Canada.

Supermodels Erin Heatherton, Chanel Iman and Adriana Lima attended the ribbon-cutting yesterday of Toronto's first Victoria's Secret store.

The women were on hand for the opening of the retailer's newest location at Yorkdale Shopping Centre. The store will be open to the public Thursday.

Wearing white T-shirts emblazoned in pink with "Victoria's Secret Loves Canada" Lima used an oversized pair of glittery scissors to slice the pink sash while Heatherton and Iman held onto each end.

Onlookers pulled out cameras and phones to snap photos of the Angels.

Victoria's Secret officially kicked off its Canadian launch earlier this month in Alberta, opening its first location at West Edmonton Mall.

The retailer plans to open a total of four stores in Canada before the end of this year, including two more in Toronto.

While Victoria's Secret sells a wide range of women's apparel and accessories, including clothing, footwear and swimwear, it has become synonymous and perhaps best known for its barely-there lingerie items.

Its high-profile fashion show has also featured some of fashion's most famous faces. Tyra Banks, Naomi Campbell, Gisele Bundchen and Heidi Klum are among the supermodels past and present enlisted as Angel ambassadors for the brand. They've donned the famed angel wings — and little else — on the catwalk. Victoria's Secret is owned by parent company Limited Brands, which also operates Bath and Body Works and Canadian lingerie chain La Senza.

In April, Limited Brands announced plans to move 50 creative and merchandising jobs from Montreal to its main office in Ohio.

The move came as the company announced the creation of Limited Brands Canada, intended to bring the administration of its La Senza, Bath and Body Works, Victoria's Secret and Victoria's Secret Pink brands under one umbrella in Canada.

THE ASSOCIATED PRESS

GEORGE PIMENTEL/GETTY IMAGES



▶ Models Erin Heatherton, Adriana Lima and Chanel Iman attend the Victoria's Secret Launch In Toronto at Yorkdale Shopping Centre.



Surviving fall changes

The lack of humidity in the air can cause problems for your skin, hair and makeup

The change in seasons can wreak havoc on your hair and skin.

The lack of humidity in the air can strip away moisture from any available source, causing dull, dry and itchy skin and hair issues such as split ends and static.

However, it's easy to stay summer fresh as the temperature drops by using the key beauty essentials already in your makeup kit.

When your skin is depleted of moisture it can become flaky and itchy. Avoid harsh scrubs and soaps and keep skin moist with a cream-based cleanser and a rich moisturizer. Choose a cream such as Pond's Dry Skin Cream — without harsh, irritating chemicals — that is designed for dehydrated and sensitive skin and deep overnight hydration. Next, revive your dry summer locks with a polished coif.

Attempt to leave more time between washes, so that the natural oils in your hair can prevent dryness.

When washing, follow this simple routine.

NEWS CANADA

Tips

How to get the most of your hair with this simple approach

- **Hair** Wash your hair with a mild shampoo and follow with a deep intensive conditioner.
- **Towel** After washing, wrap your hair in a towel, which will create a humid environment, allowing the conditioner to penetrate into the hair.
- **Shine** Rinse with cold water to lock in the moisture and add shine.
- **Dry** Blow-dry the hair thoroughly on a cool setting with a flat paddle brush, smoothing as you dry from root to end.
- **Lustre** Finally, focus on reviving lacklustre and grey-toned skin with fresh berry-stained cheeks.
- **Q-tips** Dip one end of a Q-tips cotton swab into Vaseline Petroleum Jelly and place on the back of your hand.
- **Mixing it up** Then, with the wand of a Q-tips cotton swab gently scrape the back of your favourite lipstick shade—and mix it into the Vaseline.

ISTOCK PHOTO



▶ The change in the air can wreak havoc on your skin, hair and makeup.

Freshen up your look

The bright and iridescent makeup shades and beachy tousled hair that worked during the summer months can look passé for fall.

Update your look with a refined autumn beauty regime — focusing on a darker makeup palette, full brows and a polished lip shade — using the high-impact beauty tools already in your makeup bag.

Mix up your liner routine by switching to a deeper and darker shade utilizing your favourite eyeshadow.

Finish with clump-free lashes.And do your best to put your summer look behind you.

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"Gail will get you the best prices on your insurance. She is great with her clients and you know you're in good hands with Gail."

JACK CHURCHILL
"Great prices, good customer service on personal and corporate accounts."

TONY TRIMPER
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Hot, hot fireplace

Adorning the mantle with picture frames, vase one of the best way to add flare to your fireplace



1



2



3

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

A fireplace is the focal point of any room, so it certainly shouldn't be an afterthought when it comes to decorating.

According to style maven Karen Kwinter — style editor at large for both Canadian Living and Homemakers magazines — the quickest way to add flare and interest to a fireplace is to adorn the mantle with cherished possessions.

"Whether it's a great collection of black-and-white picture frames leaning against the wall, or a bouquet of flowers in an interesting vase, placing items on the mantle will draw your attention to the fireplace immediately," she explains.

Kwinter says her favourite mantles usually feature a monochromatic palette of a mix of great antique and modern finds, layered amongst each other.

"Maybe it's a stack of white lacquered boxes with black trim, bone horns resting beside them, a unique vase or sculpture, or a great clock," she adds.

The key is to contrast objects with flowing curves alongside those with strong angles in order to create visual movement. And candles always add warmth to the ambiance.

If you have a small room, Kwinter suggests hanging a framed mirror above your mantle running the full length; this will create the illusion of space and add light and dimension to the room.



Forget van Gogh, art it up yourself

Our walls beg for art, but we don't have to.

With a little ingenuity, do-it-yourselfers can have chic artwork covering nearly any bare wall space. And not just any slapped-together art, mind you, but pieces that guests will coo over.

It can be done in hours with very little money. Home-design experts are brimming with DIY ideas to help anyone strike out artfully on their own.

Designer David Bromstad, who creates wall-art magic as host of HGTV's Color Splash: Miami, shares a few, basic pointers: Keep it simple. Have reasonable expectations. And copy, copy, copy.

"I cannot stress it enough: Be inspired by other artists and designers," says Bromstad. "Copy it. It's OK to do. That's what they're there for."

After all, beginning artists learn from copying the masters.

"That's how I learned how to paint (and draw). Van Gogh, Rembrandt — I copied them," says Bromstad.

French artist and textile designer Lola Gavarry takes the fear out of painting with her book DIY Art at Home (Watson-Guptill, 2010). Templates are included for some of the 28 projects, each of which offers a simple, contemporary design element. Gavarry walks DIYers through each project, and the steps are amply photographed.

THE ASSOCIATED PRESS

Different strokes

DIY decor art ideas from David Bromstad, host of HGTV's Color Splash: Miami.

- Buy several inexpensive canvases and acrylic paint. Consider using a high-quality, latex house paint. Artists often do, he says. Choose a simple design, such as stripes or geometric shapes, or paint each canvas a different colour. Hang the canvases like an installation — randomly, or in rows.
- Another idea? Take a black-and-white photograph to a copier store that has rolls of oversize blueprint paper and have it blown up to a metre or so wide and as long as desired. As it enlarges, the photo will pixilate, adding interest. "It looks incredible," says Bromstad.



4



6



8



5



7



9

1 URBAN BARN, $36-48

These shell-inspired ceramic Conch Vases in white and chrome finishes add a bright touch to any mantle whether filled with flowers or left empty as decorative accents; $36 (white), $48 (chrome); urbanbarn.com.

2 URBAN BARN, $5

These Scented Candles come in a variety of sizes and scents including ocean, sandalwood, green tea, freesia and eucalyptus

3 URBAN BARN, $16

Add a delicate touch to your mantle with this Metal Lace Candle Holder, available in green, black and white finishes; urbanbarn.com.

4 WEST ELM, $149

Open up a small space by hanging this Antique Tiled Mirror over or on your mantle or simply resting it against the wall for a more contemporary feel; westelm.com.

5 WEST ELM, $19

These sleek monochromatic 13" Square Gallery Frames are the perfect backdrop in which to showcase your most treasured photos on your mantle; westelm.com

6 POTTERY BARN, $49-129

Add a warm, rustic touch to a fireplace with these copper vessels from the Anatolia copper collection that can hold flowers, firewood or any other item you'd like to display; potterybarn.ca.

7 POTTERY BARN, $28-72

Displaying a collection of candles inside a non-working fireplace is made more elegant when the candles are placed inside these Avery Hurricanes; potterybarn.ca.

8 CRATE & BARREL, $7.95

Add an organic touch to a fireplace vignette by displaying this nature-inspired Echo 4x6 Pillar Candle; crateandbarrel.ca

9 CRATE & BARREL, $39.95 (SET OF THREE)

Introduce a bust of colour with these high-gloss Zarha Vases which can be grouped together for real impact, or separated along a mantletop; crateandbarrel.ca.

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▶ Every room needs three types of lighting — overall, ambient and task.

Time to shine a little light

With summer slowly bowing out, it's goodbye to natural light Here are a few tips to becoming lamp-savvy

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA



It's that time of the year when daylight starts to disappear earlier and earlier in the day. Within the next few months we'll be without sunlight by the ride home from work. Now is the time to change up the lighting and wattage around the house to accommodate for the darker days over the next few months. Every room needs three types of lighting; overall, task and ambient. Here's a list of light sources and the wattage needed:

Ambient Lighting:
Creates subtle amounts of light that brighten a dark corner or illuminate a dark hall or entrance. A great light to have on when entering your home after dark. Wall sconces in a dining room, night lights in the hallway and hidden rope lighting under a bed or on a balcony. The bulb wattage should be between 15-30 watts.

Designer tip: Using LED candles can add ambient light and sparkle to a room.

Task lighting:
This strong, directed light helps get tasks done. A swing arm lamp for reading in the bedroom, under cupboard lighting to illuminate the countertops in the kitchen and the Hollywood bar lights to help put on makeup in the bathroom are all prime examples. The bulb wattage should be between 40-80 watts.

Designer tip: Every comfy chair should have a reading floor lamp beside it.



Fun quotes

- "Ever arrive at work with one navy sock and one black one? Time to increase your lighting!"
- "I use 20 watt bulbs to look young, 60 watts for work and 100 watts for cleaning. Nobody ever looks young when they are cleaning."

Overall Lighting:
The strongest of lighting, the entire room will be illuminated to help when painting, cleaning, or doing crafts. The centre ceiling light in the bedroom illuminates for making the bed, recessed pot lights in the living room wash light around perimeters and a ceiling fan light in the family room helps when playing board games. Strength of bulbs to use: 60-100 wattage.

Designer tip: If you don't have a light outlet in the centre of the ceiling for a light then use a floor standing torchier lamp to illuminate a room; it will shoot light up onto the ceiling and illuminate the entire room.

VALERIE MANSOUR/FOR METRO HALIFAX



▶ A item from Song's Korean Restaurant.

While the location has offered up cuisine from around the world, this resto went Korean, and did it well

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



From Ethiopia to the Middle East to Korea — this casual Quinpool Road location has hosted several cuisines.

The current restaurant features Korean food — pork, beef, chicken and seafood dishes. The menu also has sushi rolls, noodle soups, and teriyaki — beef, chicken, salmon and shrimp.

My friend and I share Fried Dumplings — five golden brown and crispy with a mild but nice vegetable filling. We also try two dishes from the Korean Cuisines section. Soon Du Bu Tziggae is a stew with uncurdled tofu, seafood, vegetables and pork.

"It's steaming hot and a little bit spicy. With loads of tofu and an egg, it's a filling stew with great flavour."

It's steaming hot and a little bit spicy. With loads of tofu and an egg, it's a filling stew with great flavour.

Kim Chi Tziggae, a stew based on kimchi — the Korean fermented cabbage condiment — and pork. It has one serious kick.

The place is full and service is fast and pleasant. Song's seems to have struck the right note.

- **Song's Korean Restaurant**
- 6249 Quinpool Road
- 444-3030
- Hours of Operation: Mon.-Sat. 11 a.m.-9 p.m.
- Rating: ***1/2
- Price range: $$
- Low $: Fried Dumplings $4.99
- High $: Grilled Short Ribs $19.99
- Time in: 12:30
- Time out: 1:00

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4 sports

Baseball. Double D does it again



▶ Darren Doucette of Dartmouth Moosehead Dry connects on a pitch during the home-run derby that kicked off the Canadian senior baseball championships last night at Beazley Field. Doucette, a 10-time Nova Scotia Senior Baseball League home-run champion, won the derby with a 3-2 final-round edge over Maritime rival Jody Peterson of the Fredericton Royals.

DARRELL OAKE/FOR METRO HALIFAX

Moosehead Dry gets second chance

Action begins at Canadian senior baseball championships today ◐ Halifax Pelham Canadians play the Fredericton (N.B.) Royals at 9 a.m. at Mainland Common ◐ Dartmouth Moosehead Dry faces Windsor (Ont.) Stars at 8 p.m. at Beazley Field



MATTHEW WUEST
@METRONEWS.CA

Dartmouth Moosehead Dry is hoping to take advantage of a second chance it never expected to get.

The long-time Nova Scotia Senior Baseball League powerhouse is out for redemption as the Canadian senior baseball championships get underway today at Beazley Field and Mainland Common for the second straight year.

Dartmouth, which didn't make the playoffs at last year's tournament, unexpectedly got the tournament back after Windsor, Ont., pulled out as host at the last minute.

"This is a great opportunity, especially since we weren't expecting it," said Dry outfielder Chris Head.

3
Number of Canadian senior baseball championships won by Dartmouth Moosehead Dry (1998, 2004 and 2005). All were on the road.

"When we realized we were getting our second chance, we wanted to jump on it."

Dartmouth's dream of winning its first national title on home soil was dashed last year after it lost its first two games.

"We were all really disappointed," Head said.

"Once we lost those first two, it was a momentum-killer."

Head said the Dry's bats "dried up at the wrong time."

But this year, led by Joel Irvine's sterling, provincial-best .393 average, Dartmouth is more confident in that department after posting a 19-8 mark this summer, the tops in the province.

"I'm hoping we can put on a better show than last year," Head said.

"We're all really hitting the ball well and we're looking good heading into the tournament."

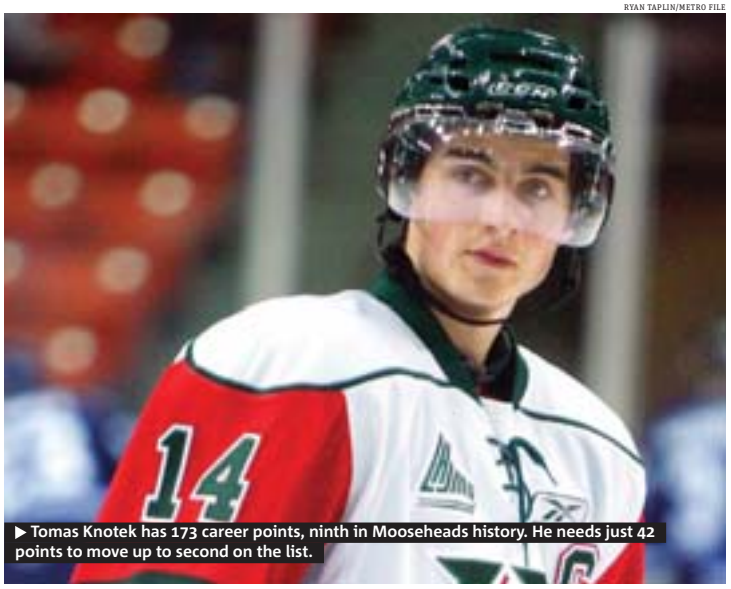
Quoted



"What's the biggest challenge? That's a good question. Every time you take over a team in a new situation, you're trying to change the mindset from hoping to win to expecting to win."
NEW BUFFALO BILLS COACH CHAN GAILEY



RYAN TAPLIN/METRO FILE



▶ Tomas Knotek has 173 career points, ninth in Mooseheads history. He needs just 42 points to move up to second on the list.

Could the Herd welcome back an old friend?

Knotek cut in Finland, but return to Halifax means letting go of Frk Herd still exploring all possibilities to get Frk to Halifax despite IIHF transfer denial

MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads may end up with another import option this season after Tomas Knotek was cut by a Finnish SM-Liiga team yesterday.

Knotek, who was the Mooseheads' captain last season and has won the club's past two most valuable player awards, was released from a tryout contract with HPK Hameenlinna.

Since the Mooseheads aren't having much luck getting top import pick Martin Frk to Halifax, Knotek would give them another option — either for their roster or to trade — if he wanted to return to the QMJHL for a fourth season.

"It's good to have options," was all Mooseheads head coach and general manager Cam Russell would say when reached on the matter.

The International Ice Hockey Federation denied last week Frk's transfer to Halifax from the Czech Republic because he has a pro contract with HC Karlovy Vary.

But the Mooseheads would have to relinquish Frk's rights to bring Knotek back, and owner Bobby Smith said last Friday he is still hoping to negotiate Frk's release from Karlovy Vary.

For the latest on this situation, follow @metroqfiles on Twitter or visit our Q Files blog at www.metronews.ca/qfiles.

RACING

Timberlea's Smith to make debut

Wayne Smith of Timberlea will make his NASCAR Canadian Tire Series debut at Riverside International Speedway near Antigonish on Sept. 18.

The five-time Maritime touring series champion will run as a teammate to part-time Canadian Tire Series driver Donald Chisholm of Antigonish in the Komatsu 300.

"I've gone to watch the event since they started, but really didn't imagine the day would come that I would be in one of them," Smith said in a press release.

Smith is currently third in the Carquest Pro Stock Tour's points standings, three points ahead of Chisholm.



▶ Smith

METRO HALIFAX

No room for Doyle on Tigres

Chris Doyle, 20, has left the Victoriaville Tigres and is awaiting a trade.

The Tigres decided to go with Samuel Groulx, Philip Devos and Guillaume Goulet as their over-agers, leaving no room for Doyle, who is a former fifth-round draft choice of the New York Rangers and has 100 goals and 140 assists for 240 points in 235 career QMJHL games.

METRO HALIFAX



By the numbers

64.5

New Oakland Raiders quarterback Jason Campbell is coming off his best season, completing 64.5 per cent of his passes with 20 touchdowns, 15 interceptions and a passer rating of 86.4.

$1M



All-Pro Jets cornerback Darrelle Revis is scheduled to make $1 million in the fourth season of his six-year rookie deal. He wants to be the highest-paid player at the position and didn't report to the team for training camp.

29th

Winning their fifth straight AFC West title should be a breeze for the San Diego Chargers, based on the relative weakness of the division and the Chargers' easy schedule — they are tied for 29th in strength of schedule, with their opponents going a combined 116-140 last year.

162

Together, Chris Johnson, below, and Vince Young helped the Titans rank second in the NFL by averaging 162 yards per game. Young had his best passer rating yet at 82.8, and receivers Nate Washington and Kenny Britt are much more comfortable in their second season with the team.

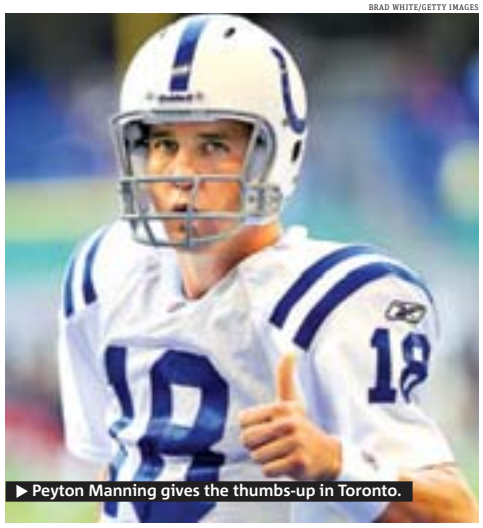
THE ASSOCIATED PRESS



Colts look to turn page on Super Bowl defeat

Defending AFC champs try not to dwell on past successes or failures

BRAD WHITE/GETTY IMAGES



▶ Peyton Manning gives the thumbs-up in Toronto.

The Colts are reverting to their short-term memory these days.

The record-setting winning streak? History. Peyton Manning's personal stash of MVP awards? Safely packed away. That incredible run of seven straight 12-win seasons, eight consecutive playoff appearances, a shot at perfection and last year's Super Bowl run?

Forget about it, fans, the players and coaches already have.

"One thing we've always done, whether finishing on top or finishing short, is to put the previous season behind us," Manning said. "We are just going to keep trying to do things the right way."

There's no reason to change now.

Players and coaches often explain they couldn't have won six division crowns, two AFC championships, a Super Bowl title and a league record 115 games over the last decade by constantly reliving their accomplishments or failures.

Few conference champs in the salary-cap era have been as well-positioned to bounce back as Indy.

The 34-year-old Manning has shown no signs of decline. He's coming off a record fourth MVP season, a career-best completion percentage (68.8) and his highest TD total (33) since breaking Dan Marino's league record in 2004.

And if the Colts are healthy, Manning just might have the best supporting cast of his 13-year career.

He has four experienced receivers — Pro Bowler Reggie Wayne, 2007 first-round pick Anthony Gonzalez, Austin Collie and Pierre Garcon. Tight end Dallas Clark is coming off his first Pro Bowl season, and Clark's backups, Jacob Tamme and Brody Eldridge, have stood out during the pre-season.

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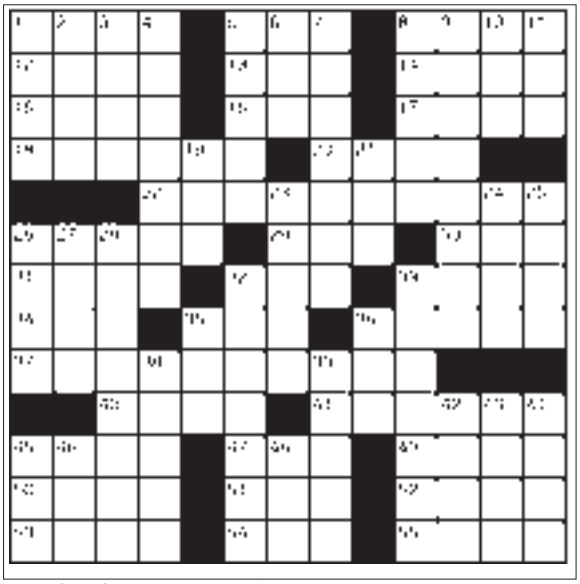
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09/10 • 587

Crossword



Across

1 Willy Wonka's creator
5 U.K. fliers
8 Humpty's perch
12 Cruising
13 Have a bug
14 Do as you're told
15 Wire measures
16 Sis' counterpart
17 Put together
18 Tropical fruit
20 Blueprint
22 Energy
26 Complains
29 Cowboy nickname
30 Rowing need
31 Actress Jessica
32 Unopened flower
33 Initial stake
34 Cover
35 Bobby of hockey
36 Foolish ones
37 Uncertain
40 Women'sgarment, for short
41 Parish head
45 Consumes
47 Lucy of "Charlie's Angels"
49 "The Music Man" setting
50 Rorschach picture
51 Journal
52 Congregational cry
53 Undressed
54 Navy rank (Abbr.)
55 For fear that

Down

1 Moist
2 Largest continent
3 Aid
4 Treat for Garfield
5 Morocco's capital
6 Melody
7 Failed, on Broadway
8 1981 John Lennon hit
9 Leaves in the lurch
10 Started
11 Caustic solution
19 "Of course"
21 Remiss
23 Driver's 180
24 Concert receipts
25 Tramcars' contents
26 Beer ingredient
27 Hodgepodge
28 Kidnapper
32 Reading matter for the blind
33 Unfriendly
35 Resistance unit
36 Census statistic
38 Hereditary status, perhaps
39 Pharmaceuticals
42 Heavy reading
43 Hasn't paid yet
44 Carry on
45 "Chicago" lyricist
46 Carte lead-in
48 Charged bit

▶ Yesterday's answer



Sudoku

7			3					
5	2			7				
		1				9	8	
	7		6		9			2
9			5		8			6
2			1		7		5	
	5	4				3		
				8			7	5
					6			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	1	9	4	2	3	8	7
3	4	2	1	8	7	5	9	6
7	9	8	6	5	3	1	4	2
2	1	6	7	9	5	4	3	8
9	3	4	2	1	8	7	6	5
8	7	5	3	6	4	2	1	9
4	8	7	5	3	9	6	2	1
1	5	3	8	2	6	9	7	4
6	2	9	4	7	1	8	5	3

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Cocoabean, I Love you soooo much. You mean the world to me. This has been the best almost 2 yrs of my life.
YOUR JELLYBEAN

Hi Mom, I know you read these every day, so I hope you don't skip over me ;) I love you very much and I am truly grateful for everything you do for me. Love always,
JOSHUA XOXOXOXOXOXO

Hey Bebisim Vefa, Next Monday will be our 2 yrs anniversary together. I love you more and more every single day.
XOXO YOUR NOODLED BOY!

Grasshopper, I'm really glad I helped kick-start your summer. Hope it ends with a blast for you. Missing our kissing-and-candy sessions...maybe there's more in store for us... time will tell ;-) k take care Handsome!! Sending love and light your way,
SUE



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's time to put your plans into action. With the Sun and Pluto, planet of power, on the best possible terms, anything is possible now — even the impossible!

♉ Taurus April 21-May 21 Whatever it is you are thinking of doing if you act quickly and don't stop to analyze your motives or ponder the consequences you will succeed beyond your wildest dreams.

♊ Gemini May 22-June 21 Push yourself a little bit harder today, because one final effort could be all it takes to make the breakthrough you have been hoping for. Today's Sun-Pluto link will simply destroy obstacles in your path.

♋ Cancer June 22-July 22 This is one of the best times of the year for getting things done, so stop worrying about what might go wrong and start making things go right for yourself.

♌ Leo July 23-Aug.23 What you fear the most is what you have least to fear, and with the Sun, your ruler, on good terms with Pluto you won't fear a thing. Fate is about to make you an offer you cannot refuse.

♍ Virgo Aug. 24- Sept. 22 If your instincts tell you to go for something today you must not ignore them. If you hesitate you may miss out on something really good and spend the rest of the week kicking yourself for being so stupid.

♎ Libra Sept. 23-Oct. 23 This is hardly likely to be a restful day, but it will be a productive day and on balance that's what you prefer.

♏ Scorpio Oct. 24-Nov. 22 Today's Sun-Pluto aspect makes you intensely dynamic and intensely ambitious, and if those you share your life with were hoping for a relaxing day, well, they're going to be disappointed.

♐ Sagittarius Nov. 23-Dec. 21 Something unexpected will happen over the next 24 hours but it won't be bad news for you. On the contrary, the more disruption there is in your social sphere or at work the more you will benefit. Change is good for you.

♑ Capricorn Dec. 22-Jan. 20 You need to put your ego on hold for a while and work alongside other people as equals. If you can do that then the sky is the limit. You don't have to be the big boss in each and every situation.

♒ Aquarius Jan. 21-Feb. 18 Although both the Sun and Pluto encourage you to be more dynamic, something seems to be holding you back. Maybe it's the memory that the last time you tried you came off worst.

♓ Pisces Feb. 19-March 20 You won't stand for any of that nonsense about doing your duty or putting other people's needs first today.

SALLY BROMPTON

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